

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NOTE:</p> <ul style="list-style-type: none"> • Limit 6 participants per class, pre-register by phone or in-person • Open gym time is available by appt. only • Masks are required for all activities • Limit 2 yoga classes per person per week 		<p>Join the Turkey Trot Challenge!</p> <ul style="list-style-type: none"> - Daily exercise challenges - Complete and turn in by Dec. 4th to enter raffle - Ask your wellness coordinator for info! 		30
<p>2</p> <p>Circuit training 9 – 9:45 a.m.</p> <p>Chair yoga 10 – 10:30 a.m.</p> <p>Strength & stretch 3 – 3:45 p.m.</p>	<p>3</p> <p>Core Balance 9 – 9:45 a.m.</p> <p>Chair yoga 10 – 10:30 a.m.</p> <p>Navigating in a Virtual World Seminar – bring your device! 10:30 – 11:30 a.m.</p>	<p>4</p> <p>Circuit training 9 – 9:45 a.m.</p> <p>Chair yoga 10 – 10:30 a.m.</p> <p>Chair yoga 3 – 3:30 p.m.</p>	<p>5</p> <p>Core Balance 9 – 9:45 a.m.</p> <p>Chair yoga 10 – 10:30 a.m.</p> <p>Salute Our Veterans Craft 10:30 – 11:30 a.m.</p>	<p>6</p> <p>Circuit training 9 – 9:45 a.m.</p> <p>Chair yoga 10 – 10:30 a.m.</p> <p>Strength & stretch 3 – 3:45 p.m.</p>
<p>9</p> <p>Circuit training 9 – 9:45 a.m.</p> <p>Chair yoga 10 – 10:30 a.m.</p> <p>Strength & stretch 3 – 3:45 p.m.</p>	<p>10</p> <p>Core Balance 9 – 9:45 a.m.</p> <p>Chair yoga 10 – 10:30 a.m.</p> <p>Jenga! 10:30 – 11:30 a.m.</p>	<p>11</p> <p>Circuit training 9 – 9:45 a.m.</p> <p>Chair yoga 10 – 10:30 a.m.</p> <p>Chair yoga 3 – 3:30 p.m.</p>	<p>12</p> <p>Core Balance 9 – 9:45 a.m.</p> <p>Chair yoga 10 – 10:30 a.m.</p> <p>Pinecone Tree Craft 10:30 – 11:30 a.m.</p> <p>Book Club Meeting 2 – 3 p.m.</p>	<p>13</p> <p>Circuit training 9 – 9:45 a.m.</p> <p>Chair yoga 10 – 10:30 a.m.</p> <p>Strength & stretch 3 – 3:45 p.m.</p>

Registration is required to use the community room due to Covid-19 restrictions. Thank you.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>16</p> <p>Circuit training 9 – 9:45 a.m.</p> <p>Chair yoga 10 – 10:30 a.m.</p> <p>Strength & stretch 3 – 3:45 p.m.</p>	<p>17</p> <p>Core Balance 9 – 9:45 a.m.</p> <p>Chair yoga 10 – 10:30 a.m.</p> <p>Light Bulb Turkey Craft 10:30 – 11:30 a.m.</p>	<p>18</p> <p>Circuit training 9 – 9:45 a.m.</p> <p>Chair yoga 10 – 10:30 a.m.</p> <p>Chair yoga 3 – 3:30 p.m.</p>	<p>19</p> <p>Core Balance 9 – 9:45 a.m.</p> <p>Chair yoga 10 – 10:30 a.m.</p> <p>Open Game Day 10:30 – 11:30 a.m.</p> <p>Shopping for the Holiday Seminar 1 – 2 p.m.</p>	<p>20</p> <p>Circuit training 9 – 9:45 a.m.</p> <p>Chair yoga 10 – 10:30 a.m.</p> <p>Strength & stretch 3 – 3:45 p.m.</p>
<p>23</p> <p>No exercise classes/Gym is open</p>	<p>24</p> <p>No exercise classes</p> <p>Thankful Trees Craft 10:30 a.m. – 12 p.m.</p>	<p>25</p> <p>No exercise classes/Gym is open</p>	<p>26</p> <p>No exercise classes/Gym is open</p>	<p>27</p> <p>No exercise classes/Gym is open</p>
				<p>30</p> <p>No exercise classes/Gym is open</p>

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499 Wyoming Avenue, Kingston, PA

Event Information

What you need to know:

- **Registration is required.** Class size is limited in order to maintain social distance; masking is also required.
- **Patients are limited to 2 yoga classes per person per week due to high demand.**
- Patients must complete a fitness assessment and exercise waiver in order to participate in exercise activities. To schedule a fitness assessment or to register for exercise classes please contact Wendi, wellness coordinator, at 570-714-3050.
- **Bring in your favorite holiday recipe to share!** Recipes will be added to the new 65 Forward holiday cookbook. For more information about the craft and social activities please contact Amanda, program coordinator, at 570-714-3050.

Exercise class descriptions:

- **Circuit training** – 45-minute exercise class with cardio and resistance exercise *stations* to improve strength, cardiovascular fitness and agility.
- **Strength and stretch** – 45-minute exercise class that includes resistance training and stretching to improve overall strength and flexibility.
- **Chair yoga** – 30-minute exercise class to improve strength, flexibility, and reduce overall stress, all while sitting on a chair!
- **Core balance** – 45-minute class focusing on abdominal-low back strength and balance to improve stability and overall balance.

*all classes are designed to be beginner-intermediate level

*advanced exercise programs available upon request